



Lincoln
Newark
Gainsborough

SAFEGUARDING HANDBOOK FOR STUDENTS



WHAT IS SAFEGUARDING?

Safeguarding is the protection of children and vulnerable adults from:

- Abuse
- Maltreatment
- Harm to their health or development.

Child

Anyone under the age of 18.

This extends to age 24 if a person:

- Is a Looked After Child
- Has an Education and Health Care Plan
- Has a learning or other disability.

Vulnerable Adult

Anyone aged 18 or over who is, **or maybe**, in need of community care services for disability, age or illness; or who may be unable to protect themselves against significant harm or exploitation.

CATEGORIES OF ABUSE

Physical

Physical abuse causes physical harm to a person. It may involve hitting, shaking, throwing, poisoning, burning, scalding, drowning or suffocating. It may be done deliberately or recklessly, or be the result of a deliberate failure to prevent injury occurring.

Sexual

Sexual abuse involves a child or young person being forced or coerced into participating in or watching sexual activity, looking at or being involved in the production or pornographic materials or encouraged to behave in sexually inappropriate ways. It is not necessary for the child or young person to be aware that the activity is sexual and the apparent consent of the child or young person is irrelevant.

Emotional

Emotional abuse occurs where there is persistent emotional ill treatment or rejection. It causes severe and adverse effects on the child or young person's behaviour and emotional development, resulting in low self-worth. Some level of emotional abuse is present in all forms of abuse.

Neglect

Neglect is the persistent or severe failure to meet a child or young person's basic physical and/or psychological needs. It will result in serious impairment of the child or young person's health or development.

WHAT IS DRUG AND ALCOHOL ABUSE?

Substance abuse is the misuse of drugs and alcohol, including legal and illegal substances. An addiction to substances including alcohol heavily impacts the way a person thinks, feels and acts. Many individuals with addictive disorders are aware of their problem, but have difficulty stopping on their own.

The most common addictive substances include:

- Nicotine (tobacco)
- Marijuana (Cannabis)
- Alcohol
- Cocaine
- Prescription medicine
- Heroin

If you are struggling with substance abuse or addiction, you can talk to a member of student services who can get you the help you need. You can also contact:

We Are With You (formerly Addaction) online
www.wearewithyou.org.uk/services/

DART (Drug and Alcohol Recovery Team - over 18's) on 01522 597979.

You can self-refer to these services or be referred by your GP/Social Worker/Probation Officer etc.

Need urgent help?

If you need urgent help, you can:

- Call your GP and ask for an emergency appointment
- Call NHS 111
- Contact your mental health crisis team (if you have one)
- Call Samaritans free on 116 123



Child Sexual Exploitation

Child sexual exploitation is a form of child sexual abuse that is based on an on-going exploitative relationship between A perpetrator and A child. A child or young person under the age of 18 is sexually exploited when they have received 'something' (e.g. food, accommodation, drugs, alcohol, gifts, money) in exchange for sex.

Children and young people can be sexually exploited through the use of technology - for example by being persuaded to post sexual images on the internet or via a mobile phone.

Sexually exploitative relationships are characterised by an imbalance of power and the use of controlling behaviours to keep the child or young person in a dependent position.

Child Criminal Exploitation

Children are not only exploited sexually, the exploitation of children for criminal gain is an emerging issue affecting communities across the UK.

Child Criminal Exploitation occurs where an individual or a group takes advantage of an imbalance of power to coerce, control, manipulate or deceive a child or young person under the age of 18. The victim may have been criminally exploited even if the activity appears consensual. Child Criminal Exploitation does not always involve physical contact, it can also occur through the use of technology.

Grooming

All forms of child exploitation can involve a 'grooming stage'. The term 'grooming' describes the variety of methods that are used to manipulate and control victims. This can include:

- The giving of gifts or presents
- Rewards - like mobile phone top-ups or games credits
- False promises of love and/or affection
- The provision of alcohol and drugs.

Grooming is a way of developing an exclusive bond between abuser and victim. Adolescents are particularly vulnerable to grooming where the abuser deceptively constructs a connection between sought after love and affection, increased status, or offers a sense of belonging.

As a result of this process, children and young people rarely recognise the coercive and abusive nature of the relationship and will prioritise their attachment and loyalty to the offender over their own safety and wellbeing.

The early stages of the grooming process can seem an exciting time for a child or young person - particularly if they are given high status gifts or are taken to parties, pubs, or clubs that they wouldn't normally get into.

In cases of sexual exploitation it is common for grooming to take place online.

Once a bond is established, offenders will use a variety of coercive and controlling behaviours to maintain their hold over the child. These can include:

- Isolating the child from friends and family
- Monitoring use of social media
- Threatening or inflicting violence or injury
- Making threats to harm themselves if the child withdraws from the 'relationship'.

County Lines - What is it?

Criminal exploitation is also known as 'county lines' and is when gangs and organised crime networks groom and exploit children to sell drugs. Often these children are made to travel across counties, and they use dedicated mobile phone 'lines' to supply drugs.

Who is targeted by County Lines criminal groups?

Criminals are deliberately targeting vulnerable children – those who are homeless, experiencing learning difficulties, going through family breakdowns, struggling at school, living in care homes or trapped in poverty.

These criminals groom children into trafficking their drugs for them with promises of money, friendship and status. Once they've been drawn in, these children are controlled using threats, violence and sexual abuse, leaving them traumatised and living in fear.

However they become trapped in criminal exploitation, the young people involved feel as if they have no choice but to continue doing what the criminals want.

If you are affected or being targeted by County Lines criminals' you must contact the Police on 101 or 999 in an emergency.

What are the signs of criminal exploitation and county lines?

- Returning home late, staying out all night or going missing
- Being found in areas away from home
- Increasing drug use, or being found to have large amounts of drugs on them
- Being secretive about who they are talking to and where they are going
- Unexplained absences from school, college, training or work
- Unexplained money, phone(s), clothes or jewellery
- Increasingly disruptive or aggressive behaviour
- Using sexual, drug-related or violent language you wouldn't expect them to know
- Coming home with injuries or looking particularly dishevelled
- Having hotel cards or keys to unknown places

For further information or support, or if you are a parent concerned about your child visit www.childrenssociety.org.uk.



BULLYING & HARASSMENT

What is bullying?

If somebody physically hurts you, or verbally abuses you, that's bullying.

Specific types of bullying include:

- **Homophobic bullying** based on your sexual orientation
- **Racist bullying** because of your skin colour
- **Religious bullying** because of your beliefs or faith.
- **Sizeist bullying** referring to your body size
- **Sexist bullying** focusing on you being of the opposite sex
- **Cyberbullying** targeting you online, often anonymously
- **Bullying because you are different.**

Bullying can be a one-off or it can go on for a long time. And bullying can happen to anyone

What is harassment?

Harassment is when someone behaves in a way which offends you or makes you feel distressed or intimidated. This could be abusive comments or jokes, graffiti or insulting gestures. Harassment is a form of discrimination under the Equality Act 2010.

IF YOU'RE BEING BULLIED



Tell someone you trust



Keep a record of what's happening



Don't retaliate



Surround yourself with people that make you feel



Don't blame yourself - it is NOT your fault



Be proud of who you are

IF YOU'RE BEING BULLIED ONLINE



Don't retaliate. (Often that's what they want!)



Save the evidence. (Screenshot, save messages.)



Tell someone what's happening.



Report, block, mute, get rid!



Remember the problem is with them, not you.

PREVENT

What is Prevent?

Prevent is a Government programme which helps to help safeguard young people and vulnerable adults from being drawn towards supporting extremism or terrorism. It aims to protect people from exploitation by radical groups or acting in extreme ways.

What is Extremism?

There are certain forms of extreme behaviour which are illegal and call for violence against others, incite hatred or try to inspire acts of terrorism. Exposure to violent extremism or extremist material is a significant safeguarding concern and we will always challenge this.

What is Radicalisation?

Radicalisation is the process by which a person comes to support terrorism or the forms of extremism which can lead to terrorism. Extremists or extremist organisations may try to take advantage of young people and vulnerable adults as a way to share their message and view with others. Exploitation of young people and vulnerable adults into the position is a form of grooming.

What do I need to look out for?

There is no single profile that could highlight an individual as vulnerable to radicalisation. An individual may experience a state of mind from circumstances where they can be influenced, led, inspired or exploited into extreme ways of thinking.

Whilst there is no exhaustive list of indicators, vulnerabilities or warning signs, the below is a list of potential signs that may cause concern, but is important to note that they do not equal extremism and sometimes do not have a direct link to criminal behaviour:

- Feelings of grievance and injustice
- Vocal expression of views which incite hatred, racism or ill-thought perceptions
- A need to dominate and control others
- In possession of extremist literature or videos
- Following extremist groups or individuals on social media and attempts to share material with others
- Resentment to authority and cascading an “us” vs. “them” mentality
- Becoming increasingly secretive about activities, plans and whereabouts
- Social withdrawal and isolation from friends and family
- Making travel plans to areas of conflict

If you are concerned about an individual, you can always speak to your tutor or report concerns directly to the College Prevent Officer on 01522 876000 EXT 6517.

Reporting Concerns

If you are, or have been, subject to abuse or are worried about someone else then please contact the Lincoln College Safeguarding Team or any member of Lincoln College Staff.

The Safeguarding Team are contactable on:

Tel: 01522 876000 EXT 6495/6219 | email: safeguarding@lincolncollege.ac.uk

You can also attend the Main Reception at any of the Colleges and request that someone make contact with you.

If you believe that you, or someone you know, is in imminent danger or there is an immediate threat to life, you should report this to the Police through 999.

EXTERNAL SUPPORT GROUPS

Lincolnshire Rape Crisis	0800 33 4 55 00	www.lincolnshirerapecrisis.org.uk
Nottinghamshire Sexual Violence Support	0115 941 0440	www.nottsvss.org.uk
SARCS (Sexual assault support 18+ Lincs)	01522 524402	www.springlodge.org
SARCS (Sexual assault support 18+ Notts)	0845 6001588	www.topazcentre.org.uk
Hate Crime Police	0800 1381625	www.stophateuk.org
Social Services	101	
Social Services (Notts)	01522 782111	
EDAN (Domestic Abuse Service)	0300 500 80 90	
	01522 510041	www.southwestlincolnshireccg.nhs.uk

Homelessness support/advice

Housing Options Team
The Property Shop
City Hall
Beaumont Fee
Lincoln
LN1 1DD (01522) 873777

Housing Options Team
North Kesteven District Council
Kesteven Street
Sleaford
NG34 7EF

Housing Options Team
West Lindsey District Council
Gainsborough Guildhall
Marshalls Yard
Gainsborough
DN21 2NA
(01427) 676676

Housing Options Team
Castle House
Great North Road
Newark
Notts
NG24 1BY
(01636) 650000

Safeguarding Team

Lincoln College Safeguarding Team 01522 876000
or email safeguarding@lincolncollege.ac.uk

